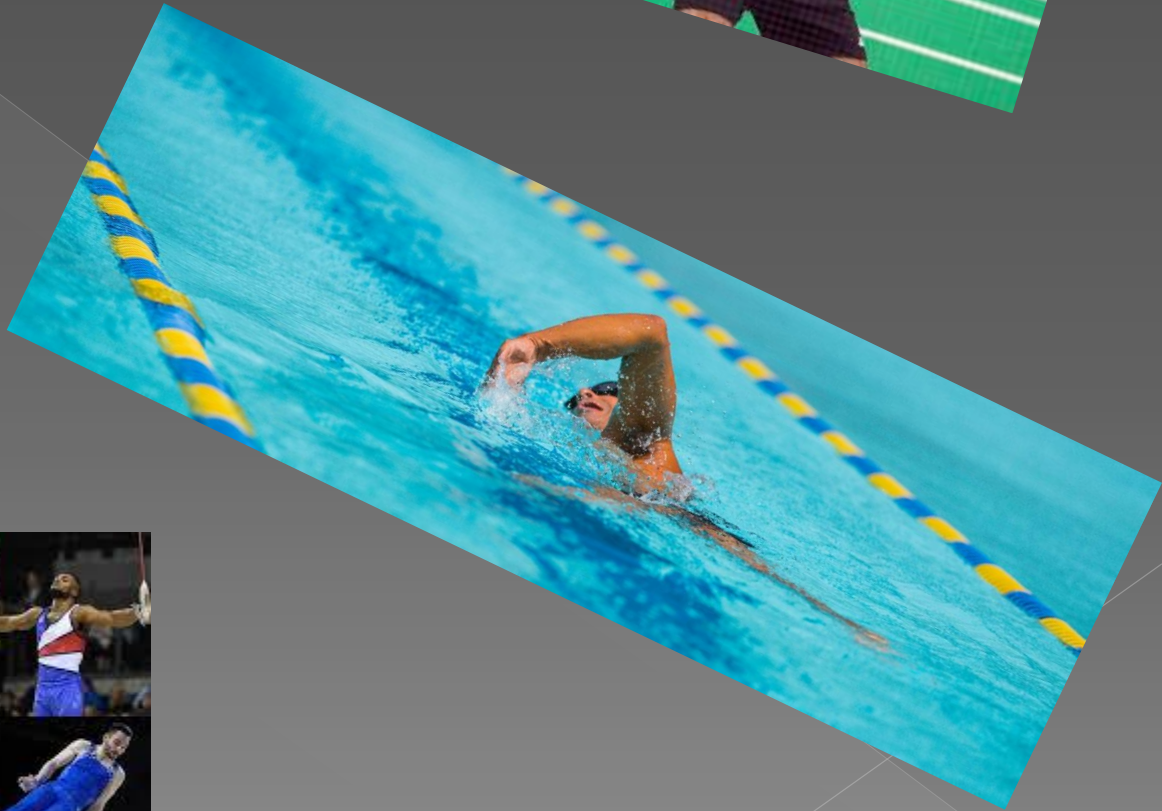


HIGHER PE



Who is this course for?

The course is suitable for students who have an interest in developing complex movement and performance skills. It is particularly appropriate for those who would like to enhance their performance and develop a deeper understanding of factors that impact on personal performance.

The learning experiences in the course are flexible and adaptable, with opportunities for personalisation and choice in relation to the performance assessment component. This makes the qualification accessible to the needs and aspirations of a diverse range of students.

The course provides a foundation for those considering further study or a career in a range of disciplines including physical education, sport, health and fitness.

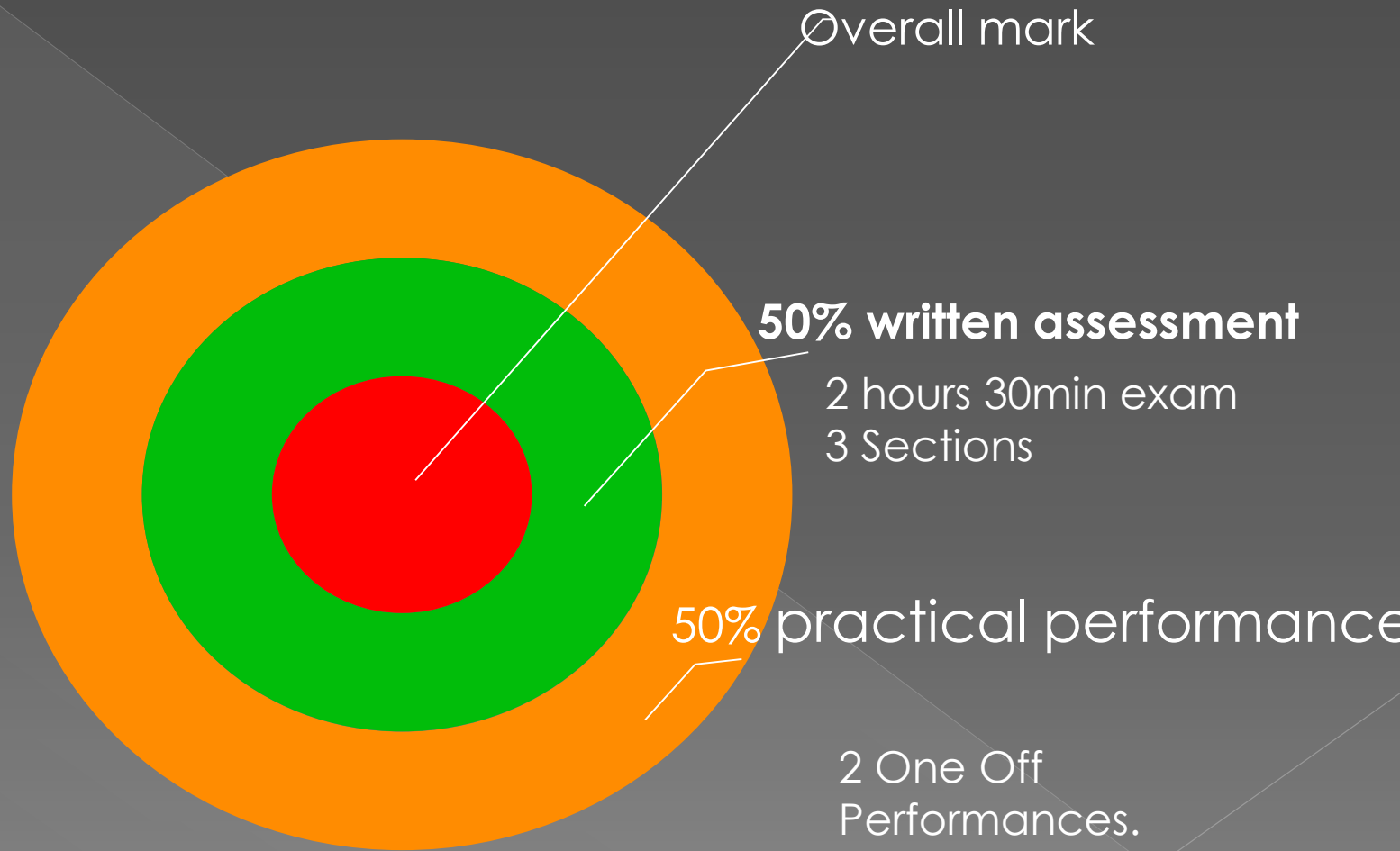
Course Overview

There are 5 periods of Higher Physical Education per week.

Time is split between classroom based and practical periods.

The practical activities covered in course work will be dependant on venues and make up of the class (examples badminton, volleyball & basketball) provide the backdrop to learning about the Four Factors that impact on performance and the Cycle of Analysis on which the exam will be based.

ASSESSMENT



Practical Assessment

Candidates are assessed against the criteria below during a competitive situation on a specific date;

Area	Marks	Criteria
Skill repertoire	7	Range of basic and complex skills and movements performed during performance.
Control and fluency	7	The control with which basic and complex skills and movements are performed.
Decision making and problem solving	7	Anticipating and reacting to ongoing performance demands as they occur.
Composition, roles and tactics	7	Applying well-established composition, roles and tactics in response to performance demands.
Rules, regulations and etiquette	1	Following the rules and regulations of the activity whilst demonstrating appropriate etiquette.
Controlling emotions	1	Staying in control of emotions such as anger and fear throughout performance.

Exam

- 50% of overall grade (A-D)
- 2 hours and 30 minutes to complete question paper (50 marks)
- Questions will relate to the MESP factors on performance:

Section 1: Focuses on the four factors impacting on performance and covers one or more of the five broad areas of skills, knowledge and understanding (32 marks)

Section 2: Focuses on your experience of creating and implementing a PDP over a minimum of three sessions and covers at least two factors impacting on performance (Marks range from 6-10 marks)

Section 3: Is based upon a scenario which focuses on one or more of the five broad areas of skills, knowledge and understanding, and should be answered in response to the two factors impacting on performance stated in the question (Marks range from 8-12 marks)

Useful links

- [SQA - Higher PE](#)
- [BBC Bitesize - Higher PE](#)
- [BrightRED - Higher PE](#)
- [Highers in a Nutshell - Higher PE](#)
- <https://www.satpe.co.uk/>